

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	McNAMARA () SCO	200	EMPSON Chris (2016) SCO	160	BROWN Wullie () SCO	240
82.5			EMPSON Chris (2017) SCO	170	EMPSON Chris (2017) SCO	245
90	MOFFAT Tom () SCO	262.5	McEWAN J () SCO	170	MOFFAT Tom (2009) SCO	260
100			MARTIN Chris (2017) SCO	205	COWLEY Arthur (2014) SCO	280.5
110	FARQUHARSON Alex () SCO	227.5	MARTIN Chris (2017) SCO	237.5	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	ELLIOTT Neil (2015) SCO	250	DAVIDSON Hamish () SCO	210
145	WRIGHT John () SCO	275	SAUBERLICH Adam (2015) SCO	220		
145+						

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
145						
145+						

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
145						
145+						

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						

145					
145+					

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		McKEAN Daniel () SCO	130
82.5			
90			
100		GRAHAM T () SCO	130
110			
125			
145			
145+			

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5		WILKINS Graeme (2015) SCO	115
90			
100		MARTIN Chris (2017) SCO	205
110		MARTIN Chris (2017) SCO	237.5
125		ELLIOTT Neil (2015) SCO	250
145	WRIGHT John () SCO	275	
145+			

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110	FARQUHARSON Alex () SCO	227.5	SINCLAIR Frank (2009) SCO
125	FARQUHARSON Alex () SCO	240	GASKIN Pete () SCO
145			
145+			

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			COWLEY Arthur (2014) SCO
110			GASKIN Pete (2017) SCO

125	WRIGHT John (2017) SCO	210	WRIGHT John (2017) SCO	175	DAVIDSON Hamish () SCO	210
145						
145+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			PHILLIPS Michael () SCO 235
90			REILLY G () SCO 245
100			
110		FLETT Martin (2013) SCO 190	
125			
145			
145+			

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			PHILLIPS Michael (2018) SCO 210
82.5			PHILLIPS Michael (2016) SCO 227.5
90			PHILLIPS Michael (2016) SCO 215
100			
110			
125			
145			
145+			

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			

110					
125					
145					
145+					

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90	HEARN David (2017) SCO	120	HEARN David (2017) SCO	95	HEARN David (2017) SCO	150
100						
110						
125						
145						
145+						

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
145						
145+						

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
145						
145+						

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						

100		MARTIN Chris (2017) SCO	205		
110					
125					
145					
145+					